

**FUNCTIONAL EVALUATION
AND
REHABILITATION
OF
CARDIAC PATIENTS**

Edited by
PAOLO ROSSI, M.D.

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**FUNCTIONAL EVALUATION
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CARDIAC PATIENTS**

International Symposium
on Functional Evaluation and
Rehabilitation of Cardiac Patients,
Stresa, Italy

*The book is dedicated to:
my wife Cecilia
and my sons Luca, Andrea, Marco*

Acknowledgments

I am very grateful to Prof. H. Denolin, President of the European Society of Cardiology, to Prof. F. Rovelli, Vice-President of the European Society of Cardiology and to Prof. S. Maugeri, Director of the Clinical del Lavoro Foundation, University of Pavia, for having made this Symposium possible.

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I acknowledge the splendid work and cooperation of my colleagues from Centro Medico, Veruno and Ospedale Maggiore, Novara, in the diagnosis, cure and rehabilitation of our patients.

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European Society of Cardiology

Italian Society of Cardiology

Italian Hospital Cardiologists Association

Italian Centers for Cardiovascular Disease Association

Novara Medical Culture Association

Foreword

While management of ischemic heart disease is still a matter of controversy among cardiologists, the old firmly established concept of absolute bedrest, followed by a prolonged period of reduced physical activity in order to increase life expectancy of coronary patients, has been gradually abandoned in the last 20 years.

This revolutionary attitude is the result of an extensive documentation of the deleterious effects of prolonged bedrest, physical deconditioning and related emotional disturbances in patients with myocardial infarction. At the same time it has become increasingly apparent that physical capacity evaluation followed by a programmed rehabilitation, integrated with the necessary psychological, medical and surgical interventions, can ameliorate more effectively the patient's physical and mental status.

This Symposium was devoted to the functional evaluation and rehabilitation of the patient with myocardial infarction. The scientific sessions covered the following topics:

1. Indications, methods, validity and prognostic value of stress testing.
2. Indications to coronaroangiography and correlation to stress testing.
3. Functional evaluation of ischemic heart disease, aorto-coronary bypass, transplanted hearts.
4. Early stress testing in myocardial infarction.
5. Early and late rehabilitation of patients with myocardial infarction: comparison of methods, complications, early- and long-term results.
6. Role of drugs on the effects of rehabilitation and on the management of complications.
7. Psychological aspects and influence of rehabilitation on the personality of the infarcted patient.

This volume expresses very well indeed our present knowledge of the problems of physical evaluation and rehabilitation

of myocardial infarction patients. The many authorities who have contributed to it have presented their results obtained in many parts of the world. Conflicting opinions on the same topic are partly explained by the different environmental and organizational conditions.

To all the contributors my sincere appreciation.

Paolo Rossi, M.D.

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